



## INFORMATION FOR PARENTS OF 6<sup>TH</sup> GRADERS

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Dear Parents:

In a few weeks your child will have the opportunity to attend one of our Outdoor Lab Schools—Mount Evans or Windy Peak—for a period of four or five days. The school program has been recognized by the United States Department of the Interior as a National Environmental Education Landmark. This honor was bestowed in 1971 and recognized the Outdoor Lab School as one of the few National Environmental Education Landmarks in the United States.

The week spent at the Outdoor Lab School can be one of the highlights of your child's educational experience. It is a learning experience carefully planned by the home school teachers to teach aspects of the sixth grade curriculum that cannot be duplicated in the regular classroom setting. Conservation, the value of our water, soil and forest resources, and the relationships between plant and animal communities can best be learned in the natural setting. Mapping skills, creative writing, astronomy, art, music, and lifetime leisure activities will also be a part of the week's activities. Life in the Laboratory School environment provides opportunities for developing responsibility, character, and healthful living habits.

The following are items of general information:

**SUPERVISION:** Students will be under the supervision of their classroom teacher, high school student leaders, the staff of the Outdoor Lab School and the principal of the Outdoor Lab School.

**ALL MEDICATION:** All medications, inclusive of vitamins and cough drops, should be sent in their original containers. Multiple medications must be packed in separate containers and each container must be clearly identified with the student's name. Medication **should not** be packed in the duffel bag. All medication should be given to the teachers or home school clinic aide on Monday prior to the student's departure for Lab School.

**MEDICAL SERVICES:** There is a nurse or clinic aide on site to respond to medical needs while the students are awake. In addition, Outdoor Lab staff members are on call 24 hours a day. All staff members are trained in First Aid and CPR procedures.

**OPTIONAL PURCHASES:** Your home school may send home a flyer with information regarding Outdoor Lab logo clothing purchases. These purchases are optional and your child will receive his or her item the week before departure for Outdoor Lab. Please ask your 6<sup>th</sup> grade teachers about this option.

**FACILITIES:** A lodge, bunkhouses, showers and lavatories, dining room, and ample indoor/outdoor study areas are provided for all participating children. Facilities are available to meet the needs of special education and handicapped students.

**WHAT TO BRING:** Attached is a checklist which will serve as a reminder of articles the student should bring to the Laboratory School. Any equipment the student brings should be clearly marked with his/her name for easy identification, since each student is responsible for his/her own belongings.

**WHAT NOT TO BRING:** The following items are **not** needed nor permitted at Outdoor Lab. We request that these items be left at home:

Candy, gum, or food stuffs of ANY kind to prevent attracting any animals into the bunkhouses  
Knives (pocket or hunting)  
Cell phones

Radios and walkie-talkies  
Tape recorders  
Electronic games  
Hair dryers, curling irons, or other small appliances

**MAIL:** Students enjoy receiving letters while they are away from home. Please keep the letters upbeat as occasionally a letter from home will add to homesickness. Please send your letter at least a week in advance with the student's name and home school in the address line. We often have three weeks' worth of letters arriving at any one time.

**(Name of Student)**  
**(Home School)**  
**Outdoor Lab School—Mt. Evans**  
**201 Evans Ranch Road**  
**Evergreen, CO 80439**

**(Name of Student)**  
**(Home School)**  
**Outdoor Lab School—Windy Peak**  
**P.O. Box 435**  
**Bailey, CO 80421**

**PARENT VISITATION:** Parents should not visit children during the week they are attending the Outdoor Lab School Program. Being away from home may be a difficult experience for your child and/or you. Your presence on site in the middle of the week could trigger some homesickness for your child or other students. Out of fairness to all students, the procedure of nonvisitation has been established. We do not have phone privileges.

The Outdoor Lab Schools conduct an open house on a Saturday in the fall once a year, when the parents of all students are encouraged to visit.

Thank you for your cooperation and support. Please feel free to call the home school office if you have any further questions.

Sincerely,

The Outdoor Lab Schools' Staff  
The 6<sup>th</sup> grade Teachers

The principal and staff of the Outdoor Lab School are looking forward to having the students from your elementary school participate in our program. We are excited about all of the wonderful experiences your students will have during the week at Outdoor Lab School.

This document provides information about how we will work with students in the areas of discipline and problem solving because a safe and orderly environment is essential to learning. In addition, students are subject to the following behavioral standards, procedures and consequences while on the Lab School site. Below you will find a statement of our "Core Beliefs" and the behavioral standards that underlie our discipline policy.

**Statement of Core Beliefs**

We believe that students can learn to:

- ◆ control themselves.
- ◆ make decisions and live with the consequences of those decisions.
- ◆ own and solve problems.
- ◆ acknowledge the feelings of others as well as their own.
- ◆ see problems as opportunities.
- ◆ work to their potential.

**Outdoor Lab School Behavioral Standards**

1. Students will remain safe and healthy.
2. Students will show respect for people, property and wildlife.

Students will continually make decisions during their stay at Lab School around the above two behavioral standards. Meeting problems and finding solutions to those problems are a part of everyday life. It is our belief that the best solution to any problem lies with the person who owns that problem. Therefore, the staff will work with your student to assist him/her in seeking those solutions.

Students will be guided into owning and solving any problems they create by adult staff:

- ◆ who will set limits without anger, lectures or threats.
- ◆ who will hand the problem back to the child in a caring way.
  - By offering choices with limits.
  - By using enforceable statements.
  - By providing delayed/extended consequences.
- ◆ whose empathy is displayed before consequences are delivered.

We will work with your school's staff and high school leaders to insure the consistency of this positive approach to discipline and problem solving.

Students who make decisions that endanger the health and safety of themselves or others, or who demonstrate a lack of respect will incur consequences for that behavior.

Consequences will be based on the severity of the behavior and might include but are not limited to:

- ◆ Redirection to appropriate problem-solving/dispute resolution methods
- ◆ Time out
- ◆ Missing a class or activity
- ◆ Letter of apology
- ◆ Call home
- ◆ Sent home from the Lab School site

The policies and regulations contained in the Jefferson County Public Schools Conduct Code are applicable to students in the OLS program. Further consequences may be imposed by the home school for serious violations of the Conduct Code.

**OUTDOOR LAB SCHOOLS**

**ACKNOWLEDGEMENT FORM**

We have read the **Discipline Core Beliefs** document with our child. We understand that he/she will be responsible for meeting the behavioral standards of the OLS program including a commitment to working with adult staff to solve his/her own problems during the week of Outdoor Lab School. We have also received and read the Jefferson County Public Schools Conduct Code and understand that the Code also applies during the time of this experience. Additionally, we understand that should our child need to leave the Lab School during the week, it is our responsibility to provide the necessary transportation.

**Parent Initials**\_\_\_\_\_

The **Initiative Trail** is a standard core class that uses a low ropes course to challenge students to think creatively. It promotes group interaction to achieve a goal. A signed acknowledgement/permission form is required for students. The class is taught by a trained instructor during the morning and afternoon sessions Tuesday through Thursday each week.

**Parent Initials**\_\_\_\_\_

The **Wilderness Experience Hike** is an *optional* class offered on Wednesdays or Thursdays each week. This all-day hike takes the place of a morning and afternoon core class and covers a multitude of outdoor skills and knowledge, including plant and landform identification, wildlife tracking and viewing, and GPS, compass, and map reading skills. Students must be fit enough to complete a 5-8 mile hike and be equipped with proper boots and clothing for inclement weather and rugged trail conditions. A signed acknowledgement/permission form is required for students.

**Parent Initials**\_\_\_\_\_

**Overnight camping** at Mount Evans is an *optional* activity that involves sleeping out of doors in tents and/or covered shelters. Students are supervised by licensed teachers or staff members and same-gender youth leaders. Students must have durable sleeping bags and proper boots and clothing for inclement weather.

**Parent Initials**\_\_\_\_\_

Student's Full Name\_\_\_\_\_

Parent Signature\_\_\_\_\_

Date\_\_\_\_\_

Sixth grade students, high school leaders and teachers are expected to dress in an appropriate manner that reflects a respectful attitude toward learning in the outdoors. Parents, teachers, leaders and students are asked to cooperate in implementing a dress code designed to prevent dress and appearance from distracting in any way from the educational process. General appearances should be neat and clean. Clothes must not be revealing or distracting.

The Outdoor Lab Schools have established a dress code for students, leaders and teachers while attending Lab School:

- Clothing must cover all undergarments
  - No spaghetti, linguini or fettuccini straps, only lasagna or thicker
  - No boxers showing while sitting or standing
- Clothing must not be overly revealing
  - No bare midriffs or bare lower backs that reveal undergarments
  - No shirts off the shoulder or halters
  - No cleavage revealing necklines
- No hats in the buildings during formal settings
  - Mealtime, flag ceremony and guest speakers
- A hooded sweatshirt is NOT considered a coat
- Shoes must fully cover your feet!
  - Sandals, Crocs, clogs, or open back shoes are only permitted in the bunkhouse
  - Boots (not Ugg-style) or sturdy shoes are required on all trails
- Long pants are required, shorts are optional
- The OLS Dress Code is in addition to your home school rules around appropriate dress.

**OUTDOOR LAB SCHOOLS  
STUDENT CHECKLIST**

1. We encourage students to pack their own gear so that they know what they have.
2. Items listed on the following page are considered to be a typical minimum list for a one-week's stay at the Outdoor Lab Schools--Mt. Evans or Windy Peak.
3. Both schools are located in the mountains at an elevation of 8,200 feet. Frequent changes in weather are the rule, not the exception. Changes in the weather mean frequent changes of clothing. Past weather records indicate *winter weather* can occur any time from the first of September through the fifteenth of June. *Mild weather* can also occur any time. Therefore layering of clothing is recommended.
4. Parents, if at all possible, do not buy clothing and equipment for this one week. Utilize what you already have. If necessary, borrow any clothing or equipment items you may not have. Thrift stores are an excellent source for near new clothing or hiking boots.
5. It is preferred that you waterproof your student's hiking boots to ensure dry feet in all weather conditions.
6. All bunkhouses are adequately heated; therefore a comfortable sleeping bag of fiberfill or light down is sufficient. If overnight camping is scheduled at Mount Evans, students will be sleeping in tents so a heavy fiberfill or down filled sleeping bag or additional blankets may be required.
7. Eye protection. High intensity light from bright sun and winter glare off snow, even on cloudy days, can cause injury to the eye.
8. All medications, on Monday of the day of departure, including cough drops and vitamins are to be packed separately from the duffel bag/luggage and turned in to the clinic aide upon arrival at the home school. All medications should be clearly identified by the child's complete name. All medication must be kept in its original container with accurate labels.
9. **All items should be clearly marked with the child's name. Students are responsible for their own belongings.**
10. ITEMS NOT TO BRING: Radios, CD players, ipod – MP3 players, cell phones, 2-way radios or electronic games, candy, gum, knives, make-up, or any toiletries in a spray (aerosol) or pump bottle. Hair dryers, curling irons, for safety reasons and energy/resource conservation.

**Outdoor Lab is not responsible for broken, lost, or stolen items.**

| DESCRIPTION  | PURPOSE   | R=Required O=Optional | QTY  |
|--|---|-----------------------|------|
| Day-pack or backpack (without wheels)  | To carry gear & supplies for class  | R                     | 1    |
| Ski cap (beanie) Oct - April   | Maintain body temp and prevent heat loss  | R                     | 1    |
| Hat or Cap April - Oct   | Shade neck & face   | R                     | 1    |
| Heavy coat (not hoodie)  | For inclement weather and cold nights   | R                     | 1    |
| Light coat and/or sweater  | For mild/warm weather and/or daytime  | R                     | 1    |
| Waterproof jacket, raincoat, or poncho   | Heavy, wet snow or rain   | R                     | 1    |
| Gloves or mittens (Oct-April)  | Cold wet weather  | R                     | 2 pr |
| Long sleeved shirts  | Long sleeves preferred for warmth and protection from branches and sun                                  | R                     | 4-5  |
| Jeans or hiking pants  | Long pants. Material is resistant to tearing and preventing scratches or cuts. (No sagging or dragging) | R                     | 2-3  |
| Shorts   | <b>In the bunkhouse only!</b>   | O                     | 1    |
| Snow Pants (Oct - April)   |   | R                     | 1    |
| Underwear  | To encourage changing and personal hygiene  | R                     | 4-5  |
| Long Underwear (Insulated Preferred) (Oct - April)                                       | Inclement weather.  | O                     | 1    |
| Hiking or work boots (with ankle support)  | For walking through mud, snow, and water on trails  | R                     | 1    |
| Snow boots (Oct-April)   | To keep feet warm and dry in wet/snowy conditions   | R                     | 1    |
| Tennis shoes   |   | O                     | 1    |
| Heavy socks  | Inside of boots (must cover ankles)   | R                     | 3    |
| Light socks  | For light foot gear and also to wear inside of heavy socks to prevent blisters (must cover ankle)       | R                     | 4    |
| Sleepwear  | Important for health and comfort.   | R                     | 1    |
| Pillow   |   | R                     | 1    |
| Sleeping bag or bedroll  |   | R                     | 1    |
| Towels and washcloths  |   | R                     | 2 ea |
| Soap & Shampoo   |   | R                     | 1 ea |
| Hairbrush & Comb   |   | R                     | 1    |
| Toothbrush and paste   |   | R                     | 1 ea |
| Deodorant  | <b>NO AREOSOL</b>   | R                     | 1    |
| Kleenex  |   | R                     | 1 pk |
| Chapstick  | Prevent chapping of lips  | R                     | 1    |
| Water bottle (with name on it)   |   | R                     | 1    |
| Plastic Bag (Large)  | For soiled or dirty clothing  | R                     | 1    |
| Plastic Bag (Small)  | For wet items (washcloth & towel)   | R                     | 1    |
| Plastic Bag (Small) (produce bag to go over feet inside wet boots)                       | For dry feet in the event of prolonged wet weather  | R                     | 2    |
| Lotion for face and hands  | Restores moisture to skin (wind burn)   | O                     |      |
| Sunscreen lotion   | Prevents burning or blistering  | R                     |      |
| Sun glasses  | Important in summer or winter.  | O                     | 1 pr |
| Pencil or pens   |   | R                     | 4-5  |
| Notebook   |   | O                     | 1    |
| Non-electronic games   | For use during bunkhouse time   | O                     | 1    |
| Appropriate reading material   | For use during bunkhouse time   | O                     | 1    |
| Camera/Film  | Required for those in camera hike   | O/R                   | 1    |
| <b>*Site staff may change clothing requirements to match current weather conditions.</b> |   |                       |      |